

CAULI-TILLAS

(from The Iron You)

olive oil for greasing baking sheets

1 head of cauliflower, riced and packed (3 cups needed)

3 eggs

½ teaspoon fine grain sea salt

¼ teaspoon ground black pepper

Heat oven to 375°F (190°C), line two baking sheets with parchment paper and grease them with olive oil.

In a food processor rice the cauliflower, until you get a texture finer than rice. Measure to make sure you have 3 cups of the riced veggie. Place cauliflower rice in a bowl and microwave on high for 2 minutes, give it a stir and microwave for another 2 minutes. Place the cauliflower rice in a tea towel and twist it to squeeze as much moisture as you can. Do not skip this step, because the cauliflower must be dry to behave properly in the subsequent stages of cooking.

Place drained cauliflower rice back in the bowl and add eggs, salt and pepper and mix until combined. Spread the mixture onto the lined baking sheets into 8 fairly flat circles. A small offset spatula works wonders here.

Place in the oven for 10 minutes, then peel them off the parchment paper, flip them and bake for further 6 to 7 minutes. Heat a nonstick medium-sized pan over medium heat and place the tortillas into the pan pressing down slightly and brown them (1 minute per side).